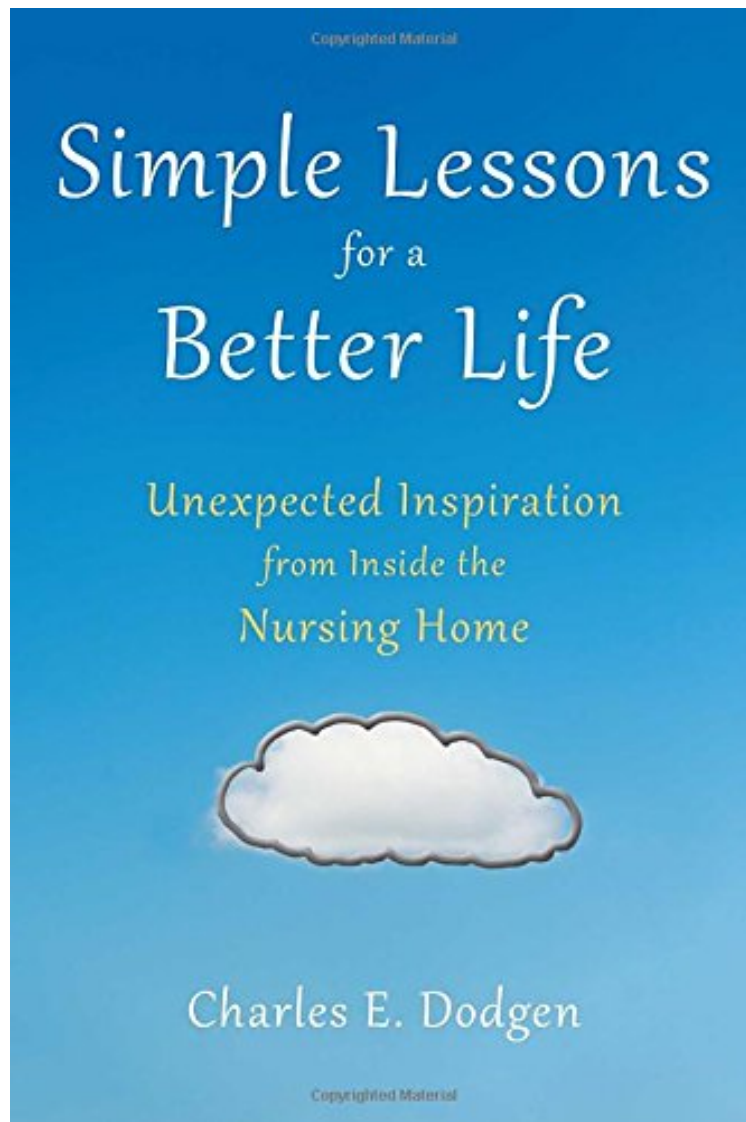


(Download) Simple Lessons for A Better Life: Unexpected Inspiration from Inside the Nursing Home

Simple Lessons for A Better Life: Unexpected Inspiration from Inside the Nursing Home

Charles E. Dodgen

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Charles E. Dodgen : Simple Lessons for A Better Life: Unexpected Inspiration from Inside the Nursing Home before purchasing it in order to gauge whether or not it would be worth my time, and all praised Simple Lessons for A Better Life: Unexpected Inspiration from Inside the Nursing Home:

1 of 1 people found the following review helpful. This year's must read! By Magdalena Banas Dr. Dodgen has an extraordinary gift of combining complex ideas and terminology with familiar examples and layman's terms. This book

goes into great detail of explaining countless cognitive and psychological processes and approaches, further supported by real examples of patients and staff he worked with. He also provides chapter summaries/reviews, which can be easily referenced at a later time. I was happily surprised to see that it wasn't just another book with a ton of scientific talk, although I have a background in psychology. Dr. Dodgen makes us feel human again by providing literature we can relate to on a personal and professional level. I bought a copy for myself and several others as gifts, and to no surprise everyone loves it. I highly recommend *Simple Lessons For a Better Life* if you're looking for something to make your soul smile. 1 of 1 people found the following review helpful. A very well written and insightful book about life in ...By js23A very well written and insightful book about life in a long term care setting. This book looks at nursing home life from the inside out and shows the realities of life behind the walls. A very open book about the caretakers and the residents interactions of day to day life and an eye opener to those who have not had the experiences of dealing with the long term care setting. Most will be surprised of the real day to day happenings, the bonds forged between residents and the staff who cares for them. More than a few myths will be shattered. It also offers ways to manage and cope with everyday stresses and hardships for people from all walks of life. 1 of 1 people found the following review helpful. A ticket to feeling good! By Sandy G. Feeling challenged with changes in your life? Need guidance to see the silver lining in your most recent dilemma. "Simple Lessons" gives marvelously intuitive suggestions to help. I find myself picking it up time and time again, to be reminded of the straightforward easy to apply advice it offers. Highly endorsed with gusto! Your ticket to feeling good.

From the unique experiences of nursing home residents, an empathic psychologist derives lessons for living a better life, demonstrating how people find happiness, peace, and fulfillment despite challenging circumstances. Perfect for readers who seek inspiration for living a better life at any age and who enjoy books on inspiration/motivation, wellness, psychology, self-improvement, wellness, and issues of aging. The desire to live a good life is timeless. And, sometimes, insight into what really matters emerges from where we least expect it. Even the most challenging circumstances can have a surprise silver lining. This perceptive and inspiring book shows that anyone can learn valuable life lessons from the unique experiences of nursing home residents. Using illustrative vignettes of his interactions with people facing serious physical, mental, and social challenges, the author derives twenty-eight simple, yet profoundly important, lessons for living a richer life lessons that apply to people at any age. Dr. Dodgen, a clinical psychologist who has worked with this population for eighteen years, has discovered that when the surplus trappings of lifestyle are cleared away and lives are stripped to their most essential components, people discover new paths to happiness, peace, and fulfillment. Dodgen shares stories that demonstrate how love, meaning, purpose, and contentment can be found even in far-from-ideal circumstances. Offering deeply thoughtful reflections in an easily digestible format, this book affirms that no matter our physical, economic, or social limitations, we can remain rich in life. Readers looking for ways to improve relationships, understand and manage feelings more effectively, cope well with challenges, mitigate suffering, and discover greater serenity in their own life circumstances will find a wealth of insights in these concise, enlightening chapters.

A clear and concise gem, espousing salient themes extrapolated from older persons and demonstrating how cognizance of, and compassion for, later-in-life occurrences provide a means to survive and thrive at any age. Dodgen provides a user-friendly blueprint for better living. Immensely inspirational and deeply moving. New Jersey Psychologist An inspiring book that is well worth reading. Bookviews by Alan Caruba "[Dodgen's] insights reminded me of those of another wise student of life... Rabbi Harold Kushner, the author of *When Bad Things Happen to Good People*.... So what did [Dodgen] learn from these men and women, who, it might seem were themselves victims of a painful brand of what he aptly called "identity theft"? That while your body may be surrendering, your soul and spirit don't have to. That a great attitude will reflect like a mirror, back to you from others. And most dramatic, says this therapist author, he's learned that in some ways suffering is actually optional...one of the profound lessons...So deceptively simple--and so true. Love is an unchanging, essential ingredient at every stage of life." Burlington County Times Dodgens conversational tone and personal anecdotes make his pointers thought-provoking without being preachy. This compilation of common sense and insight gently reminds readers to look for the feelings beneath the words and to read body language, which is darn good advice for any social interaction. Booklist Nuanced. Being reminded to strive to live ethically, cleanly and kindly is always welcome. And Dodgen does so with grace and experience. Newark Star-Ledger A refreshing and life-affirming book that lets nursing-home residents speak for themselves. Their words, along with Dodgens insightful commentary, give readers the gift of mindfulness, resiliency, kindness, and compassion. Janet Yagoda Shagam, PhD, freelance medical and science writer, and author of *An Unintended Journey About the Author* Charles E. Dodgen, Ph.D., has been a clinical psychologist in private practice for twenty-eight years. For the past eighteen years, he has also served as a consulting psychologist at the West Caldwell Care Center, where he provides diagnostic assessments and individual therapy for a geriatric population. He is also the author of three books on substance abuse.